

BRIDGES

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Swinging with the Stars takes centre stage in Saskatoon **P. 6**

WINE WORLD:

How to drink heavenly wine at a lower price **P. 25**

FASHION:

Politics, style and class, Lt.-Gov. Solomon Schofield has it all **P. 26**

WEDNESDAY, JANUARY 28, 2015

A STARPHOENIX COMMUNITY NEWSPAPER



WHEN NATURE IS THE MODEL

THE BREATHTAKING PHOTOGRAPHY OF TODD MINTZ GIVES A RARE GLIMPSE INTO THE NATURAL WORLD **P. 8**

FREE

GARDENING

PERENNIAL OPTIONS

Biokovo geranium chosen as the star of 2015

By Eri Svendsen

The Perennial Plant Association is a trade association composed of retailers, landscapers, educators and other professionals interested in growing, selling and generating herbaceous perennials. One of their programs is the Perennial Plant of the Year where they select an outstanding, proven performer to promote across North America. This year they have chosen Biokovo geranium (*Geranium x Cantabrigiae* (Biokovo) as their star.

Biokovo geranium is a naturally occurring hybrid found in the Biokovo Mountains of Croatia. It's a real attention getter, sporting white blossoms with bright pink streaks that lead the American crowd to pink bliss. Not only do the masses of flowers attract attention, it keeps blooming for four weeks or more in early to mid-summer (and on occasion re-blooms in the fall). Bees, butterflies and other pollinators can't get enough of the blossoms. And the show doesn't stop there, the leaves offer up shades of scarlet, orange and bronze in the fall.

The plant is compact, low to the ground (25 to 30 cm tall) forming a moderately fast growing ground cover up to one metre in diameter. It spreads by shallow, somewhat fleshy rhizomes (underground stems) that are easy to pull out of the ground to control its spread. The leaves are medium green, slightly glossy, lobed and fragrant. They are also semi-evergreen, adding some curly colour to the garden.

Ideally at home in full sun or part shade, it is a very adaptable, long-lived perennial that can be grown in borders, hot

the front, rock gardens or on lawns. Make sure it's grown in well-drained soil for best results. It's not tolerant of overly wet environments and prefers dry shade (once established) making it perfect for under trees, crevices and other difficult, dry areas in the garden. But do give it water on occasion during prolonged dry periods.

When planting, make sure the crown is just at or above the soil surface or after wintering its vines in spring or fall is easy dig up pieces from the edge of the mound, leaving as much soil with the roots/rhizomes possible, and replant as above.

There's no need to dig deep as the root size is only about 10 cm. It's low maintenance as well, remove dead or ragged leaves in spring before growth begins and give it a hard trim right after flowering to trigger a flush of new growth to renew its appearance.

In addition, it has good disease resistance and is tolerant of deer and rabbits. Note for us in B.C. is its long exposure, this latter point can either mean that deer and rabbits avoid it OR plants tolerate and recover quickly after browsing.

Now, before I'm accused of being a climate zone climber again, Biokovo survived several years in my old garden (it may still be there but I haven't been to look since moving away), despite the fact that I must water mine in July for USDA zone 6 or 7 and winter (biokovo is USDA zone 5b).

This column or provided care tips of the Biokovo geranium from our Society grower members and on biokovo.org website. Check out our biokovo board or calendar for upcoming garden information sessions Jan. 26. Developing New Gardens of Perennials.



The 2012 Perennial Plant of the Year is the Biokovo crossbred geranium, made available by BERNARDINI & SONS.

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Freezing Arctic ice water on his uncomfortable as it looks, sea nature photographer Rick Minor — it just stings for a second! Photo courtesy: "Ice went"

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What you need to know to plan your week
Send us tips to: bridges@thestarphenian.com

FASHION P. 26



13-Gow Solomon Schofield dresses according to the fashion etiquette handed down from her mother. BRIDGES PHOTO BY ROBIN BOLD CULLEN

BRIDGES COVER PHOTO BY TROY FLEECE

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IN THE CITY

JANUARY 25, 2016 • 12:32 P.M.

Slip-sliding away



Aaron and Cherrin Jackson slide down the snow castle slide in the ice Park at the PolarisCorp WinterFest Festival at the Saskatoon Farmers' Market. Saskatoon's premier winter festival runs until February 7. Photo: Peter M. Mitchell/EG&G.

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

GUY FERR

The Unwritten Rules: Leadership in the Workplace

There are leaders at every level in an organization, from the front line to the CEO.

Senior leadership are obvious or accepted, but there are other leaders that set an example for us as well. The referring to these middle management and front line supervisors that have the heart and drive to do their best and support others. They are seen as leaders by those around them and their natural leadership abilities enable them to grow from experience, gaining insights often missed by others. There is a consensus about this.

The Unwritten Rules: Leadership in the Workplace, is written to support and advise these mid-level and front-line leaders. My book is all

about assisting them.

Following this isn't a book on management development but it would certainly assist a management development program. This is a book for the 30 most common or more widely used level and front line leaders, the things they unwittingly bring into, and the unexpected expectations of those around them.



Guy Ferr

of those around them.

The Unwritten Rules: Leadership in the Workplace points out the seemingly innocuous habits and tendencies of many workplace leaders that undermine their own leadership. For example, a mid-level leader might be using every strategy she can think of to bring about a sense of "team" and camaraderie among her staff, not realizing she is hampering her own efforts with a seemingly well-intended habit. A front line leader may feel his staff "needs" more guidance, not considering what he has done with the new staffed new way causes confusion, and if he does realize he might be effectively doing it.

There are common personal habits and tendencies that interfere with

trust and communication. There are expectations that, if not met, can hinder productivity, negatively influence, or at the very least, cause a lot of frustration. There is a timing to some things, that if done too soon or too late, can erode trust, cause discontent, and hamper productivity. The Unwritten Rules: Leadership in the Workplace is intended to be a kind of pocket manual, sharing concepts and explanations based on 40 years of experience and observation. My intent is to save the reader the years it often takes to learn these concepts and the problems one encounters by learning the hard way. My book is available at McNelly Robinson Bookstore in Seaside, the Seaside Mail Chaper in Eugene and at Amazon.com.



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WOMEN NEED TO KNOW ABOUT HEALTHY BRAS

Have you gone on a bra shopping trip, only to be frustrated, walking away empty handed? Jeunisque International, founded in 1969, manufactures health bras based on the engineering of the Golden Gate Bridge (balanced load suspension). Shirley McInnes (International Executive Director), a Certified Bra Fitter, is coming to Saskatoon for a 2 day Bra Clinic: Bras on the market with fills and lace may look nice, but they are not doing their job. **85% OF WOMEN ARE WEARING THE WRONG BRA!** A woman needs support from beneath the breast tissue. The Tab and the Jeunisque/Leunisque Bras both fit small to full figure, sports, maternity and mastectomy - 200 sizes and 3 styles to choose from: 36A - 69KK, no bounce, no wires to gape or braises or impeded lymphatic drainage and circulation. Does not ride up in the back or fall off the shoulders and promotes better posture. Switching to a custom fitted bra is like giving up a floppy pair of slippers for an orthotic shoe. Once women adjust to the uplift and awareness (a couple of weeks) you become a life-long client. Doctors, massage therapists, chiropractors often refer their patients to us.

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ON THE SCENE

SWINGING WITH THE STARS

Saskatoon's business and philanthropic community was out in full force Jan. 24 for the annual *Swinging with the Stars* gala. The fundraiser pairs eight Saskatoon celebrities with professional dancers in a high-energy competition. Money raised from this year's spectacle of 770 spots towards respite care for medically fragile children at Hope's Home: Hope's Home, with locations in Regina and Prince Albert, is Canada's first medically interrelated dancers. A third Hope's Home is soon opening in Saskatoon. The 26-hour respite care gives children with complex medical needs a fun-filled "sine over" while their parents get a well-deserved break.

BRIDGES PHOTOS BY LIAM RICHARDS



ON THE SCENE



1. Matthew Gallant, left, and Ashley Stormo

2. Jordan Medveo and David Stewart

3. Jackie Zomlek and Garry Best

4. Sara Whelanlight, Canadian Foreign Entrepreneur of the Year, performs with her partner Souren Gergely

5. (From left) Mike Nappier, Michael Wyatt, Danielle Bessie, Colleen Belcher, and Rob Belcher

6. Shauna Zick, Lisa Makabry, and Cheryl Segel

7. Garry Hodgson and Brady Fehr

8. Lucine Choyoi and Laura Jones

9. Terriana Bowman, Brett Segal, and Cary Bowman

10. Michael West, Brooke Shulak, Van Lament, and Dosh Clark

11. Members of Saskatoon-Save perform

12. Christine Black, Kylee Cassidy, and Erin McGowan

13. Stacy Debus, Michelle Wilderman, and Nyle Kenne

14. Kelly Wurdley and Andrea Ponsone

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For information on services at the Alzheimer Society or to get involved, visit www.alzheimer.ca/sk or call 306-949-4141

ON THE COVER

They are going to do what they do and I have to try to figure out a way to capture it.

— Todd Mintz

NATURE PHOTOGRAPHY

Mintz braves the elements in pursuit of art



Snorkel style: Todd Mintz spent a week in the water during the October 2010 salmon run near Seacrest, B.C. PHOTO COURTESY TODD MINTZ

By Ashley Martin

Todd Mintz has been in some pretty nasty precarious situations.

Three thousand feet below sea level. More metres away from animals that could rip him flesh from limb.

In sub-zero waters, under oath on a witness, "I would say that's probably some of the more intense driv-

ing you can do. I use 'intense' as opposed to 'exciting,'" Mintz said with a chuckle. "I am trained in it, so I would say I'm more calculated."

"I sometimes don't feel that I'm actually taking a risk,"

But he shook his head with a wince, saying those statements wouldn't have persuaded him in 1994, when Mintz finished his chartered seasonality. He also got certified in water diving.

Now, nearly as much as he's in the office working on financial statements and tax planning for corporate clients, he's in a field or an ocean, springing on nature through the wilderness of a camera.

Purely enough, he says, technical and creative converge in both fields. "Shooting nature is there's math and it's technical, and doing something requires creative

ity and vision for your clients."

Nature photography has been a passion since Mintz took his first big solo trip to Alaska in 1986.

A childhood fascination with Jacques Cousteau led to a desire to see what went on in the water. So he ventured over to The Dive Shoppe, enrolled in a pool course and bought gear before he was even certified.

Back and forth in Regina, he started diving in Saskatchewan lakes, which he says helped him be more determined in situations where you don't want to damage ecosystems like coral reefs.

"You need to have excellent buoyancy control, which is something you need here because they're air-bottom lakes — they'll rise up and then you can't see a thing."

Sharks are generally good, they're not aggressive, they're not looking to do you harm, but you just hope you don't run into the one bad one. — *Mintz*



Ashley Mintz photographed in the Bahamas in 1996. Photo courtesy: Facebook

Roy has trip to Bahamas. The Dave Shoppe loaned him a film camera and a long hold on lens so photography was renewed.

Though he has photographed in tropical oceans like Jamaica and the Galapagos Islands, and is heading to the Philippines next month, Mintz prefers cold-water diving. Sub-sea cameras are "not that big a deal" after experiencing Saskatchewan winters all his life.

A favorite destination is the Azores. He has made seven trips there in the past three years and is returning in June to Pearl Island. He turned to shoot several whales — "hopefully, they show up."

He shoots in Saskatchewan too, which can get uncomfortable in -40 C winter days.

"I've literally had fingers I can't feel, just like anyone else if they're out too long. We'd use as far into the middle of a field and realized once the windblow moved off that the truck was long way away and I've been out here for hours. Pretty serious challenges. Sometimes, I don't like to let my wife in on knowing exactly what I'm doing," he said laughing. "So she doesn't get too concerned."

While getting close to nature can be risky business, he takes calculated risks. After all, he wants to be around for the sake of his wife Melissa and their five children.

Photography is all about the art for Mintz. It's not about money or exhibiting images like they're hockey cards.

It requires patience — sitting still for hours to shoot an image, sometimes to an oval.

It's a challenge, but he doesn't like shooting in controlled scenarios. Posing a person isn't

adjusting lighting doesn't interest him. In nature, "They are going to do what they do and I have to try to figure out a way to capture it."

One way is by learning as much as he can about each species animal.

He doesn't try to force anything — "If I'm scared to get the image, it doesn't happen" — and that relaxed approach might be a help. "I've certainly been in groups of people under water and somewhere the subject, whether it be a giant squid ray or a sea lion, seems to come to me out of a whole group standing there."

Under water, he uses a semi-professional camera with an aluminum housing to seal the camera. Film is important, as even a hairline gap can expose the camera to water. Mintz usually carries more than one camera just in case.

He has been honored by membership in the Explorers Club and Ocean Artists Society, and was twice displayed in the Smithsonian. His photos have been published in National Geographic and Canadian Geographic magazines.

His latest work is in showcasing 45-plus photos at the Saskatchewan Science Centre in Regina, including international award-winning shots of eleven fish species seldom and along. The exhibition runs through March 6.

The edge, a portrait's worth, 1,000 words, words for good reason. Here are the stories behind some of Mintz's favorite photos.

Shark — Bahamas, 1996

This 1996 shark trip was the first he took with his own camera.

Continued on Page 10



Here to Help

Connie Lachapelle
Spiritual Care Manager

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... Halfway through I kind of got somewhat sick because they come up here to spawn and then they die, so there's literally piles and piles of them on the shore. — *Mintz*

'Bathous are known for sharks. I've probably done a dozen trips over there for sharks, specifically. Very unadventurous around, not aggressive as people think in any way. We literally have to bait them to get them to come in, otherwise, they're not interested in general.'

There is a clear vertical line at the top of this photo, to the left of center. That's a scratch. Blister the shark had but at the scrubs done got protecting the camera lens.

Sharks do not generally do that. That isn't a natural behavior for them to wrap it like that. I always say it's just like people — sharks are generally good, they're not aggressive, they're not looking to do you harm, but you just hope you don't run into the one bad one.

'We have with many different sharks, including ones that people would deem aggressive — tiger sharks, bull sharks, grey hammerhead — and never as tame as all.'

This photo picked up several awards at a San Francisco competition in 2005, including

best in show. It was the first competition he'd entered. The prize was a dive trip to Raja Ampat, Indonesia.

Sodakey salmon — Adams River near St. Lawrence, B.C., October 2010

Every four years there's a large salmon salmon run from the coast inland. They travel about 300 kilometres inland; they change colour to these vibrant reds and oranges. A friend of mine from the U.K., a photographer (Alex Mustard), flew into Calgary. We drove through the national parks and spent a week there in the cold rushing waters, which was challenging to say the least, to the point half way through I kind of got somewhat sick because they come up here to spawn and then they die so there's literally piles and piles of them on the shore. You're in water eight feet to waist a day. I must have ingested some thing as a result. The river runs through the kind of thing, and not always the best thing to have happen when you're sitting on a dry suit all day long, which means you're exposed and soaked in it.



Sodakey salmon in the Adams River in B.C. Photographer Todd Mintz and a friend spent a week in October 2010 documenting the salmon run in cold rushing waters. PHOTO COURTESY TODD MINTZ

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I said, 'we are close enough that the bear could jump from where he is to where I am, so we might want to back up a little bit.' Probably 15 to 20 feet, pretty close. — *Mintz*

**Bowhead whale — Qikiqtan
Island, August 2012**

"We were cruising around looking for these polar bears and ... we saw some spout tag off by the shore. Blue hump whales, from what I've seen are essentially by ones about the second largest whale. We approached and there was a group I think of 10 to 15 bowhead whales in these shadows and they're a pelagic whale meaning deep water whale ... We quickly dived our snorkel gear and got in the water trying to get close to them, which I was a little apprehensive. (Silently because they're huge whales and I'm just a speck in the water.)

"This whale was coming along the bottom towards me. The thinking is it's going to run me over" and "what do I do?" And finally it clicked in my head, 'Well, if it's going to run me over, I might as well capture the photo because I can't do anything about it.' It curved along the bottom and came up right in front of me, mere meters from me, turned and then the next thing I saw was this massive tail coming around. I remember jumping back as it came by didn't touch me at all — they have such great presence of knowing — and then swim off ... It was kind of the one moment where I was a little bit concerned that it might not come out of it.

"They're rare to have good images of bowheads in general, so I feel fortunate to have maybe contributed to a little bit of knowledge with regards to that species."

**Polar bear — Qikiqtan,
Baffin Island, November, 2012**

"It's a half hour, that's the way intentionally it's almost full frame. We had gone up to the north in the summer as the next coast of Baffin Island. This bear was at



Bowhead whale, Qikiqtan 2012 PHOTO-COURTESY TDSB-MINTZ

travelling along up as the shore, sleeping on some rocks, and as we were approaching. It got up and came down to the shore essentially to check us out or prove us, so our guide on the boat kind of worked one boat in close — I said we are close enough that the

bear could jump from where he is to where I am, so we might want to back up a little bit. Probably 15 to 20 feet, pretty close.

"I wanted to capture the intensity of the eye — The ears had dropped back so it had become annoyed so

we started backing off. I try my best not to be a negative impact on wildlife when I am there, recognizing I'm not necessarily a natural thing around them.

"I've been really close to black bears, grizzly bears and — the kermode bear so



Polar bear Qikiqtan Baffin Island Nunavut, 2012 PHOTO-COURTESY TDSB-MINTZ

hear Polar bears are definitely ones that get my attention. They are opportunistic, in my opinion, and always looking for their next meal and if you give them the opportunity they certainly will take it.

"The kermode bear was

literally walking among us, black bear snow thing and grizzly bears have been that close — they evaluate it and if you're not in threat they just go about their business because we're generally not their main source of food."

Continued on Page 11

This whale was coming along the bottom towards me ... I'm thinking 'is it going to run me over?' and 'what do I do?' And finally it clicked in my head, 'Well, if it's going to run me over, I might as well capture the shots.' — *Mintz*



Paw and her kit — from south of Regina, summer 2014

With any shot you need to become a bit of a biologist. You need to understand the animal, recognize some routines and then try to be in place when those routines occur ... I wanted to capture some interaction between the adult and the young ... I was actually sitting in an old house trailer along the fence line fairly close to this, trying to be hidden, and the mother showed up and then the father showed up but then the little farm dog started chasing them off ... I've spent hours around

"There was one time ... the four hours nothing happened, so there's never a guarantee with wildlife. It's a lot of time and commitment that you never know what you'll see. I feel fortunate to have seen all the things that I do get to see when I'm out there."

*Instagram: @toddmintz.com
Twitter: @toddmintz*

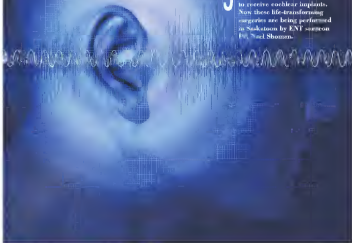
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SMART LIVING

HEARING IS BELIEVING

3

For over 20 years, Saskatoon residents with profound hearing loss have had to travel to Alberta to receive cochlear implants. Now these life-transforming surgeries are being performed in Saskatoon by ENT surgeon Dr. Nael Shomon.



YOUR GUIDE TO LIVING WELL

2

EXERCISE IS MEDICINE

Health research continues to reveal the benefits of physical activity for disease prevention. Soon, exercise prescriptions could become as commonplace as drug prescriptions.

4

SOUP SISTERS, BROTHERS

Soup Sisters and Broth Brothers is dedicated to nourishing the community through volunteer soup-making sessions. It's a delicious way to support women and children in crisis.



6

INTERPERSONAL TERRORISM

Cyber bullying is akin to interpersonal terrorism, says author Paula Todd. What motivates cyber bullies? How can their victims be protected?



Exercise is Medicine

by Hillary Klassen
of SP Special Projects

Whoever said laughter is the best medicine may be in for a surprise! The merits of sniffs have been well documented, but something else is giving pharmacists a real run for their billion-dollar exercise.

There's a movement afoot that is heralding its simplicity. It identifies the health benefits of exercise for disease prevention, and makes exercise an intentional treatment modality for a wide range of conditions. The Exercise is Medicine (EIM) program links greater health care costs to comprehensive prescriptions and soon become a commonplace in daily prescriptions.

EIM was launched as the U.S. agency wrote up and launched in Canada in 2002. Susan Wingfield, director of the program in Canada, says, "We have a lot of data that shows only 15 per cent of Canadians are meeting the physical activity guidelines." The British Journal of Sports Medicine has identified physical activity as the biggest public health problem of the 21st century.

Health benefits from physical activity extend a vast array of chronic conditions, including coronary heart disease, stroke, hypertension, breast cancer, colon cancer, type two diabetes and osteoporosis, according to Health Canada.

The program is guided by an advisory council which includes experts in health care, exercise and behavioural psychology. The goal of the multi-disciplinary team is to create a link between the health care and exercise sectors, which have typically operated separately. "We want to create a bridge so that health care professionals understand the value of exercise as their co-treatment that they can rely on," says Wingfield. "We want to create educational opportunities, tools and resources that make it really simple for them to ask the question, give a brief consultation and then provide the referral."

Using physical activity promote physical activity adds evidence to an evidence-based treatment modality long embedded. Wingfield says many patients, who have newly diagnosed with type two diabetes, who know they can reduce their reliance on medication by increasing physical activity unless a physician tells them.

The Canadian Society for Exercise Physiology (CSEP) has established physical activity guidelines recommending 150 minutes of moderate to vigorous physical activity per week, which can be broken up into 10 minute bouts.

The EIM advisory council developed an exercise prescription and referral tool that can be used by physicians. The tool facilitates a conversation and leaves the heavy lifting



Dr. Patrick Ling (left) brought the Exercise is Medicine program to the U.S. and is working to get the message out to the broader community. (Supplied photo)

to exercise professionals who conduct a fuller assessment and tailor the prescription for intensity and duration. Guidelines at the SMC and pharmacists can also assist a patient's "exercise vital signs" and provide physical activity behavioural psychology addresses the question of why people are sedentary and how they can be motivated to become active.

Though EIM is still fairly new in Canada, Wingfield says the on-campus program has grown exponentially. One of these programs was established at the University of Saskatchewan last year. Dr. Patrick Ling of the Student Health Centre (SHC) was instrumental in bringing it to campus. Dr. Ling has specialty certification in sports and exercise medicine and a Master of Public Health degree from the U.S.

"We started EIM in the spring of 2013 for an extended group. If a physician feels a patient needs exercise as part of their management, the link was made with the exercise therapist, so they can refer that referral," says Dr. Ling. This was a low-cost starting point and the program has begun building from there, building a successful expansion last year.

EIM can be particularly effective in dealing with the stresses of student life. "It's beneficial as a treatment for people dealing with mental health conditions like depression, anxiety and mood disorders," says Dr. Ling. "In some of the other things we also support students with - when they're trying to study or just manage the stress - exercise can help too, in most of their minds and get them in a better place of relaxation, anxiety and focus." "Students are very young and will."

Of course, the program intends to reach the broader public as well. Ling says many organizations like the College of Family Physicians, the Society for Exercise Physiology and the Canadian Academy of Sports and Exercise Medicine support his concept. "But unfortunately it's not as pervasive. I'm not sure of any clear or primary care setting that has adopted this message yet, so hopefully we can get the message out that it's doable." He adds there's a move by the Saskatchewan

Medical Association to incorporate some of the preventative and chronic disease related aspects.

"What I love about the EIM program is it takes medicine out of its box, it recognizes that exercise is really a form of treatment and that as physicians we should prescribe what works not just what we can pick up at the pharmacy."

To learn more about EIM visit exerciseismedicine.ca. Contact Dr. Patrick Ling at patrick.ling@usask.ca or 306.966.5783. ■

SMARTLIVING

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Judy Farrell

PROJECT

COORDINATOR: Darren Greenwood

ABOUT THIS CONTENT: These stories were produced by StarPhoenix Special Projects to promote awareness of their topic for educational purposes. The StarPhoenix editorial department had no involvement in the creation of this content.



HEARING IS BELIEVING

by Jeannie Armstrong
SP Special Projects Editor

Dr. Neal Sharma, an associate member of the Neurosurgery Division, with Dr. Shankaranth Hegarty, is now performing cochlear implant surgeries at both

Mayo University Hospital (pediatric surgeries) and St. Paul's Hospital (adult surgeries). Here, Dr. Sharma holds the internal device, which is surgically implanted in the cochlea (inner ear). (Photo: Jeff Lyons/St. Paul's)

Since the early 1990s, cochlear implant surgery has transformed the lives of tens of thousands of Canadians, mostly those with a profound degree of hearing loss. The St. Paul's cochlear implant team, which includes physicians, audiologists, speech pathologists and geneticists, has worked with patients of all ages, providing non-surgical, pre- and post-surgical treatment and rehabilitation.

However, one important element of the program was absent—in the New Trier (ONT) program to perform the surgical procedures. For over two decades, St. Paul's patients have had to travel to Edmonton. Affairs for these life-changing surgeries. As many as 40 to 50 St. Paul's patients a year have received cochlear implants in Edmonton over the past five years.

Recently, these surgeries began to be performed in St. Paul's by Dr. Neal Sharma, a member of the Division of Otolaryngology—Head and Neck Surgery, and an associate member of the Division of Neurosurgery with the St. Paul's Health Region. Sharma graduated from the University of Saskatchewan's College of Medicine and then completed his residency in otology and neurotology at the University of British Columbia. He went on to spend two years at the University of Cincinnati Medical Center.

"The doctor's passion for 'the ear' and cochlear implantation was evident during his residency. 'The more I learned about it, the more fascinated I became. It became a focal point for me and one of my main interests. I knew at some point I'd like to come back to St. Paul's and help establish this program here," says Sharma.

In 2011, the ENT specialist accepted a position with the St. Paul's Health Region. "When I came back to St. Paul's, we started talking about adding the last piece of the puzzle, which was the surgery," says Sharma.

"The program entails quite a few people, including audiologists, speech pathologists, geneticists. The ENT physicians involved in the assessment of the patient and the ENT surgeon who does the cochlear implant. There are also people involved in the rehabilitation phase which can range from members of the audiology team to social workers. We were fortunate because these pro-

fessionals were already established. 'We just added the surgical aspect.'"

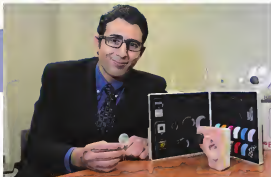
Almost two years of planning, budgeting and special funding followed before the first adult cochlear implant surgery took place in October of 2013 at St. Paul's Hospital. The first pediatric cochlear implant surgery took place in January of 2014 at Royal University Hospital.

Sharma's role is to replace the function of a damaged cochlea; however, the electronic medical device provides sound signals to the brain. The cochlear implant consists of two parts: an external device with an electrode array that is surgically inserted in the inner ear and an external sound processor that is placed behind the ear.

"The internal device has an electrode that is implanted in the cochlea. About a month after that surgery, the patient receives the external device, which captures sound through microphones and sends it to a processor which converts the signal and sends it through a magnet to the electrode that has been implanted in the cochlea. The electrode stimulates certain aspects of the hearing nerve and relays those impulses to the brain. The brain interprets that signal and makes sense of it, retaining the ability to hear a lot of patients," says Sharma.

Who can benefit from cochlear implants? Dr. Sharma explains: "A cochlear implant is a device for people who have a profound degree of hearing loss who have lost hearing and/or deaf. Most have congenital or hearing loss also referred to as nerve deafness. They have lost a lot of the hair cells in the cochlea but the nerve itself, even if it's affected, still has some viable aspects to it."

There are approximately 15,000 hair cells in the cochlea which convert signals in the auditory nerve. Damage from disease, loud noise, certain medical treatments or the aging process can progressively damage the hair cells, leading to some hearing loss or deafness.



Although the cochlear implant program is based in St. Paul's, patients from across the province can be referred to the program as a result of the national screening program that was implemented by the province of Saskatchewan within the last few years. "It catches more of the individuals. They don't see getting diagnosed with sensorineural hearing loss early on in their lives."

According to statistics conducted by the Canadian Agency for Drugs and Technologies in Health, the vast majority age range for children to have cochlear implantation is between 12 and 18 months. "If a patient who is born with hearing loss will be better off if the implant is inserted early on, even when they are still babies. The same thing applies to adults. If they receive an implant closer to any loss of hearing, as a group, they will do better than someone who receives an implant later on," says Sharma.

The surgery still takes about three hours, requiring a one- to three-day hospital stay depending on the age of the patient. Hearing is not achieved instantly after surgery, says Sharma. "There's about a month of post-op healing. During the first post-operative sessions, when they get their implants turned on, there's a lot of sound of 'squealing' which is trying to find the signal so it requires that it's comfortable for the patient—no too loud, not too soft. That may be facilitated over the next few sessions," says Sharma.

"It's important to emphasize that there is a period of time—sometimes six months to a year, or longer, of rehabilitation where we train the brain to use this device."

Using rehabilitation, the patient will work with an audiologist trained in cochlear implantation. "It may also involve working with a speech pathologist. The family plays a big role as well, as far as being supportive and providing encouragement," says Sharma.

"We attempted to follow these patients through training and see how their lives change."

Since the devices were first approved by Health Canada in 1990, cochlear implant technology has improved dramatically, says Sharma. Advances in integrated circuit and electrode technology and neural coding strategies have improved performance and outcomes for a wider range of patients.

"Wireless technology has expanded the potential benefit of the cochlear implant," says Sharma, adding that the introduction of waterproof processors means the device can now be worn while swimming or bathing.

Hearing completed its first "real year," Sharma says the cochlear implantation program is "going quite well."

One question the number of cochlear implant surgeries performed at St. Paul's will continue to answer: "The number continues to be elevated. The hope is that every patient who qualifies for a cochlear implant receives a cochlear implant. We're working towards that goal." ■

SMART EATING



SOUP SISTERS, BROTH BROTHERS help the community

by Jennifer Jacoby-Smith
of SP Special Projects

Rebecca Thomas, Kathie Jeffrey, and Kathie Eithson are among many volunteers with Soup Sisters, Broth Brothers, who meet each month to prepare 50 to 55 litres of soup for Interfaith House and Adelle House in Saskatoon. (Supplied photo)

ACTIVE AGERS

PROGRAMS

The City of Saskatoon Winter Leisure Guide offers fitness options for people 50+.

- Drop-in fitness programs (p. 10-22)
- Smart Start Beginner Fitness (p. 39-40)
- Learn to Classics (p. 38)
- Personal/Group Fitness Consultations (p. 39-40)
- General & Gentle Fitness & Health (p. 42)
- Specialized Wellness Programs (p. 42)
- The First Step Program™ (p. 42)



Explore the Leisure Guide online at www.saskatoon.ca or call 866-973-7808 for more information. The Guide is also available for pickup at any of the seven Leisure Centres.



There is nothing more satisfying for body and mind than a warming bowl of soup. That's the idea behind a new community initiative called Soup Sisters and Broth Brothers.

Founded by Sharna Hagopian in Calgary in 2009, the non-profit enterprise has brought together women and children across North America with chapters emerging in places like Ottawa, Toronto, and even Las Angeles.

Each month participants gather together to create flavorful pots of soup. The resulting batches of soup are then divided into charitable canteens and donated to women's shelters. The Saskatoon chapter held their first event in February, 2014. A group of volunteer soup-makers met at Interfaith House Polytechnic on 4th Street.

Over each month and under the supervision of chefs Kevin Scholze, Kevin Smith and Lee Helman of Tadell's House prepare 50 to 55 litres of soup.

Volunteer coordinator Tracy Young-Welton explains they like to keep the group to around 15 participants for each session to ensure they have enough room to work in the kitchen. The soup is then given to Interfaith House – an emergency temporary shelter for women – and Adelle House – which provides low-cost, supportive housing for women and children escaping abusive situations.

These organizations serve an important role in the community as they support women and children in crisis. As women start to build a

CONTINUED ON PAGE 5



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INTERPERSONAL TERRORISM:

Waking up to cyber abuse

by Hilary Klassen
of SP Special Projects

Other than cyber, the dark and deadly of the internet is perhaps nowhere better exposed than in the eye-opening pages of *Extreme Measures: Truth, Bullets and Predators Online*. Paula Todd's fascinating investigation into cyber abuse takes us inside the scars of victims and the minds of cyber bullies.

An investigative journalist for over 20 years, Todd tells it like it is. This so-called interpersonal terrorism is more devastating than we imagined. Online harassment, extortion, cyber bullying, harassment and sexual assault are everyday occurrences. Anonymity and a lack of consequences creates a fertile playing field for bullies looking to get a high from the

control they exert. The resulting mental anguish has in some cases led to suicide. When did it become okay to tell someone, "Go kill yourself?"

"The motivations behind cyber abuse include such things as immaturity and egotism, especially for young people; mental illness, drug and alcohol use; frustration, anger and something called stress," says Todd. The "stress" theory holds that those under pressure, struggling at work or school, in a failed relationship experiencing economic difficulties, and other strains of living are more likely to act out. Some bullies are sadists; they enjoy causing pain. Other bullies are covert; they're just playing, trying to get a reaction.



Investigative journalist and best-selling author Paula Todd reveals the extent of cyber abuse in *Extreme Measures: Truth, Bullets and Predators Online*, and begins the conversation on how to take back the internet. *Extreme Measures* was shortlisted for the Library Writers prize for non-fiction. (Supplied photo)

CONTINUED ON NEXT PAGE

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CYBERABUSE

CONTINUED FROM PREVIOUS PAGE



Young people are easy targets. Like Amanda Todd, Canadian teen whose last video was taken for attention online. Other targets can include people who are grieving, poor Samaritans, children targeted by other

parents, people with a vulnerable "it's none

Social cyber abuse reflects a different dynamic.

Todd says predators, cyber stalkers, and blackmailers are a very organized group. When a troubled, vulnerable teen meets a predator or extortionist online, the large power imbalance gives the extortionist the successful bullying and exploitation

that changing is a constant goal to bullying

measures. But Todd takes issue with Todd's

logic. "Girls exploring their sexuality are not that

any more than girls exploring their sexuality are.

Not showing is taking a woman to young girl as

sexually promiscuous and then blaming her for an

identity that others exploit. Unfortunately we live

in a misogynistic society and there's a lot of women

hating, you see it on TV, video games, everywhere, so young people are not taking what they're getting from the culture back, and it's being magnified online."

Regarding one's sexuality in a digital world may require some special precautions. Youth of any generation tend to be naïve as sexual experimentation, but pre-internet generations didn't have these cameras and photographers. "That's what adolescence are coping with today. A lot of young kids are experimenting and being charged for it. Compromising photos are the currency of adolescence."

There are other risks to cyber bullying. A British girl said to me once to Todd, "I was the best student I ever offered and I'm trying not to let an overachiever" but still she was tagged. "Why else is everyone doing this to me?" This question resonates with bullying victims across cyber space. But the real danger here is the selling of self in terms of sex to be underachievers for a community that will punish them for standing out in any way. "Now, if you're different, there's a digital web waiting to poison," says Extreme Media. It's not only

the collective denuding of youth culture that creates concern, it is also deeply disturbing pathos of exposure. "Exposure that tries to create violence as hatred is not protection," says Todd.

"The digital revolution may be making modern life. Todd says repeated child psychologists, Dr. Adam Cox, found that a lack of boys he works with seemed to evidence a lack of capacity to be reflective. The foundation of empathy. He also discovered a low tolerance for being angry and suggests kids may be too distressed to build strong relationships."

Cyber abuse is not going away. Game makers from Statistics Canada report that being a child was a computer user 30 per cent in 2003. Todd suggests one solution is more of an need to be online. If the world's mostly digital and most children are dependent on digital representation online, it's time to bring greater balance and priority to the online community. "The same level of maturity and honesty you bring to your offline life, so need you to bring it online," says Todd. If parents have believed their responsibilities, that's no longer an option. The danger is youth

may not report cyber abuse for fear of losing their devices. "Parents need to understand that the internet is as helpful and as dangerous as a gun. They need to know how to drive before they let their kids drive. A responsible parent is internet savvy."

Todd suggests one simple way to curb negativity is to start clear of the thumbs up/downs down buttons which group the sentiments of internet and create polarization. She adds that knowing cyber bullying is not about you, even you help reduce some of the sting for victims. It's about the abuser.

The web is still a frontier where news is public and personal are still evolving. "In any hard to stand up to cyberbullies, which is why it is best to promote the positive and spread the negative online. We still live in a report abuse, control education and parent police. It's a call to the and gather to protect the targets," says Todd. "That's also the best way to take the internet back from the misguided and the individual who use it as a weapon, rather than the greatest communication opportunity we've ever known." ■

Tackling health concerns WITH THE MICROSCOPE

by Kiro Olfert
for SP Special Projects

"Blood is our life force. It tells our body's story" says Dr. Allison Falcioni, a noninvasive doctor with Chiropractic Nutrition in Saskatoon. Through Diagnostic Microscopy, or Live Blood Analysis, practitioners can help pinpoint health issues and create a personal preventative health plan.

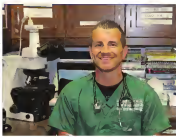
Chiropractic Nutrition (CN) offers Saskatoon and Regina area residents the opportunity to seek out preventive and preventative medicine and to get great health care. Along with providing an education and advice on how to live, Dr. Allison Falcioni, CN also conducts live microscopy testing. Low intensity blood flow therapies, tissue internal analysis, digital thermal imaging, spectroscopy and a number of noninvasive services focusing on weight loss, digestive therapy, autoimmune therapy and nutritional consultation. Chiropractic Nutrition also has the ability to create standard and advanced blood work through its Noninvasive Services.

Integrative Microscopy (IM) or Live Blood Analysis, is just one procedure done in CN. According to Dr. Allison Falcioni, CN's IM blood work can only surface for a certain amount of time after leaving the body. Therefore, the majority of standard blood tests are created not only depending on how long

it takes for the samples to be tested at a conventional laboratory. With IM, blood is drawn from the finger and then immediately studied under a high powered microscope. The advantage of studying live blood, says Falcioni, is that it better allows the practitioner to study the physiology of the cell. "We are looking at a quick snapshot of what the blood looks like in real time."

The two kinds of IM that CN uses are (1) Peripheral Morphology Assessment (PMA) and (2) Peripheral Capillary Assessment (PCA). PMA is performed on a single drop of fresh blood from the person's finger, and promptly studied. Studying blood in this method allows for the practitioner to determine and blood cell health and suggest various ability, platelet function, immune function, liver, lungs, renal and prostate side effects. Degenerative lifestyle related states, hormonal imbalances and lipid presence.

With PCA, the blood is allowed to dry before it is studied. This process usually takes at least 30 minutes; the dried sample is then studied to determine abnormalities within the coagulation pattern. Based on the theories and work of Robert W. Bifulco, abnormalities in the dried sample can readily assess the renal activity, autoimmunity and hormonal imbalances, as well as their related activity in various



Dr. Allison Falcioni is one of four Chiropractic Nutritionists with Chiropractic Nutrition in Saskatoon and Regina. (Supplied photo)

SMART ALTERNATIVES

CONTINUED ON NEXT PAGE

8 UNDER THE MICROSCOPE

CONTINUED FROM PREVIOUS PAGE

parts of the body that can be linked to the cause of some diseases like Alzheimer's, Parkinson's, Multiple Sclerosis, Osteoarthritis, Fibromyalgia and osteoporosis, says Filmer.

Filmer stresses that these kinds of tests are not diagnostic, but can help to pinpoint problem areas in a person's system and even be a quick, non-invasive way to help determine which standard blood tests should be used on a patient. "Blood is our life force. It tells our body's story," he says.

Filmer explains that BIL is a good physical stress, standard blood work, and the rest of the services offered by CN are all important components to evaluating a person's overall health. "We teach people how to take control of their health and to accept disease, we teach them to be proactive and not reactive when it comes to their health. People don't realize how important being proactive about their health is and this includes regular visits to their health practitioners, no matter how small. In society today, we too often wait until we're feeling well to go to the doctor. People want to get sick, with the proper information about it, they may be able to avoid becoming sick in the first place."

He adds that you should consider regular visits on a bi-weekly or bi-monthly basis to keep your

gut your most if you are feeling well. "Another health habit we get into is to only eat when we feel to really eat natural foods. As an example, a person says they feel good one day and then later a hour attack the next, so a person feels great but the next day they are diagnosed with cancer. Your body usually gives you hints of where your problems come so if you will make the time to listen. From this alone, we can help establish a baseline of your health and create a personal preventative health plan."

The individual aspect of the plan is important, Filmer says, because people these days are overwhelmed with information for quick fix pills and miracle cures, and these access to a world of medical information at their fingertips via the internet. "First of all, real change takes time and you have to be dedicated enough to stay on track. Nothing happens overnight. And also," he adds "even things like, for instance, antioxidants, which are recognized worldwide as being important, don't work the same for everyone. For a person with no health problems, antioxidants are great for prevention of the aging process in our bodies. But for someone undergoing certain types of chemotherapy as a treatment approach for their cancer, antioxidants may inhibit the therapies ability to do its job. Everybody's

body works differently." A personal plan can include the age, life, nutritional supplements, diet, exposures, a long with the more often nutritional bio-chemical available at CN, all tailored to the individual's body's unique needs.

Filmer says that clients who are willing to do the work to make a real change report "feeling increased energy. This is the biggest thing we hear from our clients, they have more energy than they have before now. They also notice better digestion and improved sleep patterns. Most importantly for clients, you often hear, more patients are able to return to work for the first time in months or even years."

Claudia Wenzel has been a Malibu and Saskatoon, as well as holding mobile classes in North, Denmark, South Central, Regina and Flax Flax. To make an appointment, call Claudia Wenzel at (306) 619-6700 or register on (306) 752-9277 at Malibu or visit our cliniconcanon.ca. ■



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#SASKATCHEWAN FOOD SCENE

Catering to food sensitivities

By Jenn Sharp

In 2004, we all became familiar with the term gluten-free.

Products are advertised as gluten-free and restaurants make a point of providing options on the menu (although past because a food is gluten-free that might not mean it's healthy, but that's a whole other topic.)

The trend now is toward allergen-free foods and catering to more restrictive dietary choices, like vegans, Paleo, Celiac or diabetes. Making food devoid of common allergens like dairy or peanuts makes it healthier. You can pick up a box of cupcakes made in a peanut-free bakery for a scary-free birthday party.

Many restaurants in Regina—like Table 18, other gluten-free eateries, Leola's, an organic, whole food restaurant in Saskatoon, others to those avoiding common allergens. Staff as well as well as food preparation methods and ingredients used—remarking words if you suffer from food allergies.

Baking often poses the biggest problem for people with food sensitivities. A new, custom bakery in Saskatoon is making it easier to eat treats, and with an added healthy twist.

Lucille McInnes started Inside Out Bakery after she eliminated gluten and dairy from her diet.

"I never thought I had digestive issues. It was only once I went through that process of eliminating my system that I realized that was a part of it."

She couldn't eat a lot of gluten-free items because of the yeast content (yeast is a common trigger in digestive problems). Gluten and dairy-free products are usually high in yeast.

"The flours are heavier and you need to double or triple the yeast to give them the rise. You're using a yeast as ingredient that's already an irritant for someone that has digestive issues," she says.

Inside Out eliminates as many allergens as possible and uses no preservatives to ensure as little as possible



dairy, gluten, peanuts, tree nuts, corn, and yeast are not in the facility.

To replace these ingredients, McInnes uses coconut, brown rice, millet and chickpea flour, coconut milk and avocado, along with pumpkin seed and pea protein powders to give products a balanced, nutty

crust, protein and fat (unlike many high-carb, high-sugar gluten-free products).

McInnes doesn't want people to have to cope, saying it's unnecessary and that her rely on dairy and nuts too much—there are other, healthier alternatives.



Anthony McInnes, co-owner of Inside Out Bakery, is preparing the dish "Shave ice" at the event. Photo by Jenn Sharp.

CHEFS' GALA & SHOWCASE

A collection of Saskatchewan's finest chefs and culinary talents. Performances by Little Ooze, the Prairie Line Play Independent Theatre and Toronto's Chefs' Gala. Tickets: \$15. For more information, visit www.prairiechefs.com.

A sample of the new courses, each prepared by a different chef. **SOUP:** Roasted chicken, carrots, and squash.

WALDIE: Cauliflower, roasted artichokes, and roasted potatoes.

ANOTHER: Roasted artichokes, roasted potatoes, and roasted squash.

MAIN: A beef wellington, and a beef wellington.

DESSERT: Raspberry meringue, almond tart, and chocolate cake.

CHEF: To be announced.



A selection of the baked goods from Inside Out Bakery, which is catering for a crowd. Photo by Jenn Sharp.

"I see a community need, a need for education. My big message is, 'Let's make food that we can all eat together.' If the community can be allergen-free cooking as a whole, then it's not big time."

To order custom baking, go to www.insideoutbakery.com where you can enter any dietary restrictions on the order form.

The bakery uses organic products with a short shelf life, hence the on-site ordering system.

Various products and a small variety of fresh goods are also available on-site.

In Regina, visit Kaeled's Baking at 180—3020 Piquet St. For an extensive selection of gluten and dairy-free options.

ASK ELLIE

No age is right to settle for a divisive relationship

Q. I've secretly dated a man for six months, lying to my family about it. He's African American and my Romanian family doesn't condone interracial relationships.

However, I don't know if I want to continue with the relationship.

We're very different in our likes, value systems and thinking. He is a commitment-phobic person, happy living in a basement apartment and renting forever. He drinks a lot daily and smokes marijuana daily.

I am a hard worker always striving for better. He wants us to get a place together. I moved back with my parents due to debt, and he's been working those jobs and living frugally.

I should hold out five more months, and have saved for the deposit to purchase a place in another six months.

My skeptical dad's right: agree with my plan and feels that working is would be greater for us both. However, I don't think we would work. For some time back to get out of seeing him.

I feel the relationship is proved only to his benefit. He doesn't like

Ask Ellie



meaningful commitment, and hates and avoids stress.

When I'm having issues at work or at home, he cuts me off. I've stopped confiding anyone to him. I make more money, but fear his lack of confidence means we'll have a harder life. He previously made more money working security, but has nothing to show for it.

My friends say I should just accept what I get because the feelings are often new at age 40. I'm a nice person who cares about giving, but I don't think it's enough.

Decision Needed.

A. You raised the interracial issue and your parents' perceptions first,

but that's not your problem. Rather, it prevents us from intended escape plans.

You two are ill-suited for a life to gether. No one is meant to, only to pay disastrous on lifestyle, ambition and commitment. His drinking and pot smoking (and their costs) will create a bigger divide if you love to gether, especially on career salaries. Your friends are wrong. No one should accept a poor relationship due to "skin packages." You cannot the relationship is one-sided, but continuing to date him is leading him on unfairly.

Tell him "not coming" any time you both should go separate ways. Age 40 is time for you to believe in yourself not in your friends' jaded views.

Q. In a year, I'll be going to college. My plan is to take the police exams. I'm a senior and then join the Canadian military. I don't know how to tell my parents this.

They know nothing about my career path. They both have hard-working jobs and keep telling me to

get a good job that's easy and simple, so that I don't suffer like they did working in hard conditions.

My heart wants to help and protect people. That was my dream since I was a little kid. I'm afraid my parents will be angry with me and not support me with my decision.

Desired Career

A. Your parents don't have the opportunity to choose a desired job, they took what they could get due to their circumstances.

Explain to them that a dream career will feel "easy" for you, no matter the demands.

Tell them that it's their hard work, far more you feel lucky to follow your heart. Say that police and military service, which help and protect others, is well in the Canadian sense of justice and democracy which they value, is important work for which you hope they'll be proud of you. Then ask to join your plan.

Q. I've been wondering what Christ-

mas about the new office etiquette for gifting between managers and their employees.

Our six-person team, in an office with 800 employees, contributed what-if we wanted, and my manager received about \$100 for Christmas. Our group received a greeting card in return. This also happened with last year's clients and managers.

Over the previous 30 years of employment, I'd always received a gift from my boss, and a return card was expected. When a return card would be appreciated, and I'd willingly give a gift to a deserving manager.

Am I missing something?

Office Gifts

A. You're missing that times have changed. Many companies are still operating in recovery mode. Your managers have reflected that policy these past two years.

Clearly gifting as now seen as unnecessary if, and Christmas you think a manager is deserving, send a personal or team card of appreciation. It has the most value.

Next week in BRIDGES

He was invited to join the top Ukrainian dance troupe in the world, but Julian Makowsky decided to stay in Saskatoon

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 A major tip
5 They show which way the wind blows
12 Pious on a left turn
15 Weekend garden holding
16 Unpermitted
18 Once asked
17 1980s actor London Hill
19 One in "Mop"
20 For instant sandwiches
21 Table in a way
22 "Well, what have we here?"
24 Record topic of a Scott Acker
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41 Move that
42 Eye opener
43 At a 12-year-old Montreal desert dealer?
44 15th-century mystery
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46 Available
51 It may be central
52 Not keep up
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64 Baby's last name
65 Subject of elementary education?
66 French report
67 Candy in a dispenser
68 End of short
69 Some joints

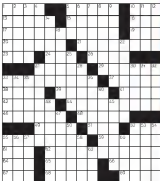


PHOTO BY ADRIAN RAY

- 3 Tell
4 Corns do it
6 Drive with a pigeonhole model for driver
8 Give plus (the infinitive)
9 Not to part
10 German resorts in Sarregau
11 Good-as-new
12 Complainer's fee
13 Repeat what's notably a crossword fan for short
14 Crivello
16 Unhighland
18 In a crowd
22 Mutton
23 1910s "border" performer William
27 Mysteriously computer
28 It's a... well
29 Go here, there and everywhere
30 Abbe de... pioneer in soapmaking
32 "Weekend" actor 2012
33 MELA, hopefully even
34 "Nation of the Jet" denigrating
35 Lines holder
36 On one...
40 Premier Khrushchev
42 Easy expansion for a chauffeur
45... check
47 A piece of...
50 "Silence" and...
52 Bank security feature?
53 "All Day Steam" All Day Long" brand
54 Hairs in a...
55 Another who played
56 Another who played
57 Another who played
58 Church service
59 Check the... name
60 Master who played
61 He more...
62 Unpleasant person
63 Common verb of course

DOWN

- 1 Large in size
2 "What, if" on a crossword stands for

JANRIC CLASSIC SUDOKU

Level Silver

Fill in the blank cells with numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle. The difficulty levels range from Bronze (easiest) to Silver to Gold (hardest).



Solution to the crossword puzzle will be in the Sudoku corner found on Page 25

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SUNDAY 12 noon - 5PM

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Best of OUTSIDE THE LINES

Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to tridgell@stephsmckay.com. One winner will be chosen each week.

Please send entries by Monday at 9 a.m.



Last week's contest winner is Caroline Johnson. Thanks to everyone who submitted entries!

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WINE WORLD

WINE WORLD

How to drink heavenly wine at lower prices

By James Romanow

A couple of weeks ago I was at a party and my friend Bob brought a bottle of Castillo de Alamos from 1996. This is an exceptional bottle that is stocked nationwide (that's the 1996 vintage, the vintage typically releases at the three year mark).

In any event the glass was outstanding. The bouquet was slightly alcoholic with great fruit, spice and herb aromas, and the palate was thing to treasure. The tongue was beautifully smooth.

It's a classic Spanish blend of grapes: Tempranillo, Merlot and Grenache. It is also one of the reasons I keep telling people to stop flying over Argentina and drink Spanish wine. The state delivers tremendous value for the money (something not to be ignored) when you're having the first couple of excellent bottles of the year.

In addition to having great wine is another solid reason to drink the stuff — it's old as wine. People ask me all the time about medals and other mythical titles. The most common reason for people reacting to red wine is the price per product. (Don't believe me? Take a Rosetta red wine one drinker 18 is my expert case that once you start drinking four years and older most headaches can be avoided.)

You have no hope of avoiding headaches from



popular wines whose business model requires release of 10 months or younger. Good luck of finding a four-year old bottle from Napa.

But I was better to follow Bob's example: Buy a case every year and stock it in the basement. Then you too can experience some heavenly wine at very unexpensive prices.

Castillo de Alamos 1996 Reserva Especial, 2016 \$14.99 (plus tax) if you order it 30 years.

More wine in Monday's paper and as always on Twitter @jromanow.

Crossword/Sudoku answers

M	O	S	T	C	R	A	N	E	S	I	O	S
A	P	A	I	D	C	R	A	N	E	S	I	O
C	R	I	M	E	A	S	I	V	E	R	C	I
H	A	T	E	R	S	P	A	R	A	S	A	I
G	H	G	H	S	L	O	P	E	S			
F	O	O	T	S	S	E	A	R	E	D		
G	O	R	E	T	W	E	E	N	S	C	O	P
M	O	O	R	C	I	T	O	N	O	V	E	R
A	L	A	R	M	C	O	B	I	T	W	E	N
T	A	T	A	R	I	P	E	S				
P	A	R	I	S	E	S	S	I	N	L	A	G
P	A	R	I	S	E	S	T	U	P	E	L	O
R	P	I	C	R	I	M	E	A	S	I	V	E
E	S	T	A	T	O	M	S	E	L	E	V	E
P	E	Z	N	A	T	A	L	E	E	S		

4	6	3	7	5	9	2	1	8
9	8	2	1	3	4	7	5	6
1	5	7	6	8	2	9	4	3
7	2	8	5	6	3	4	9	1
3	1	4	9	2	8	6	7	5
6	9	5	4	1	7	3	8	2
2	3	9	8	4	5	1	6	7
8	4	1	3	7	6	5	2	9
5	7	6	2	9	1	8	3	4



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Nuts About Nature At Beaver Creek Conservation Area



Hi kids! My name's Chris, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chris,

We have highbush cranberry bushes that still have lots of berries on them. Why aren't the birds eating them?

Sasha

Dear Boris,

I may seem as though birds aren't interested in the berries on your bushes, but be patient because nature works at her own pace. It was believed that the fruit of the highbush cranberry remained on the bush all winter because it didn't taste good to birds until it had frozen and thawed many times. Freezing turns the seeds of the berry into sugar and it was thought that birds would not eat the berries until they were sweet. However, the real reason birds wait until spring to eat highbush cranberries is a bit more complicated. Highbush cranberries are very high in acid and low in nitrogen. To properly digest them, birds need to eat protein along with the berry. In early spring, pollen becomes available for the birds in the form of flowers of trees like aspens, cottonwoods, maples, and oaks. When spring arrives, watch for flocks of Baltimore Orioles. Once they find your highbush, the fruit won't last long!

Send your questions to me at the address below then watch Orioles for the answers

Your pal Chris

Chris, 1000 Valley Avenue South
1st Floor, Saskatoon, SK
S7N 1A1
Phone: 306-244-0010
Email: chris@meewasin.ca
Website: www.meewasin.ca
Twitter: @meewasin
Facebook: Meewasin
Instagram: meewasin



Meewasin



FASHION YXE

Have an outfit you've styled for an upcoming event?
Send a photo to bridges@thephoenix.com

#SASKATCHEWAN FASHION

Lt.-Gov. Vaughn Solomon Schofield: Like mother, like daughter

By Ashley Martin

Charles Solomon was a fashion-conscious lady even during the Great Depression, with little money to spend for new clothes and shoes, she was resourceful.

"One of the tricks that she used, she would draw a seam up the back of her leg so it looked like she had stockings," said Vaughn Solomon Schofield, the second of Charles's three daughters.

"She was always very conscious of how she looked and what she wore and was on a budget as those years, so when she couldn't afford to buy the clothes that she wanted to buy she would make them. I'm sure that's where my interest in fashion first came from. She was a hard act to follow."

But when Solomon Schofield did, as did her two sisters.

"We had a huge interest in fashion and looking your best and a lot of that goes back to etiquette training and that kind of thing, and looking like you just got out of bed when you go out."

Etiquette is handy knowledge given Solomon Schofield's job. She's Saskatchewan's first female lieutenant governor of Saskatchewan, a role that involves a lot of pomp and circumstance as she represents Queen Elizabeth II within the province.

After studying fashion merchandising at Chicago's Ray Vogue School in the early '60s, Solomon Schofield returned to Regina and ran a chain school out of her parents' home.

"There was a fair amount of modelling involved but there was also a lot of etiquette, how to walk properly, how to speak properly," she said. "Modelling was really just getting started in Regina in those days. It's taken off now."

Her current job, which she has held since March 2018, affords her an outlet for her love of fashion, too.

"I think I'm still a little bit of a little girl at heart. I like to get dressed up," said Solomon Schofield. "I could get dressed up almost every day if I want to so it's not quite so thrilling as it used to be, but I still enjoy it."

When she not regularly on the public eye, Solomon Schofield would be conscious of her appearance, as she believes everyone should be.

"I think it's important that young girls have a fashion sense and look after themselves and look after the way they look. But I think it's equally so important for older women to not stop doing it once they reach a certain age and give up and not really care what they look like. At both ends of the spectrum I think it's important to be conscious of how you present yourself and how you appear. I think it makes you look happier and healthier," said Solomon Schofield, though she admits she has gone and T-shirt days at home in Regina Beach.

As lieutenant governor, she often has to change multiple times a day. It takes planning — she brings in bags of clothing and accessories and has become adept at transforming basic outfits with accessories (shoes and jewelry are her favourites).

Her love of shoes goes way back.

"I think I started wearing high heels when I was about 12, I tried to sneak them beyond my mother when she wasn't looking. I wasn't allowed outside on them of course, but I would wear all of her shoes until I outgrew her feet. She had tiny little feet."

As for jewelry she's a big fan of Regina designer Rachel Morke, and presented a Tiffany & Co. bracelet to Her Majesty a year-and-a-half ago.

"(Morke's) work is just amazing," said Solomon Schofield. "When one considers how many brooches (the Queen) must have, it is amazing that we've seen her in this one either three or four times."



For Lt.-Gov. Vaughn Solomon Schofield, looking your best is all part of the job. BRIDGES PHOTO BY BRITA SCHULTZ

FASHION YXE

TODAY'S OUTFIT

- 1 GLASSES:** She has several pairs at their South Albert Eye Clinic.
- 2 MAKEUP:** Vo you get older and your skin starts to sag it gets harder to cover that up. "But I've never had any work done on my face."
She plays with colours around her eyes, opting for blue eyeliner and eyeshadow.
"I'm wearing a royal blue velvet dress to a dinner tonight, so I try to match up the glasses and the makeup."
- 3 EARRINGS:** I try to always have earrings (on) because I have pierced ears."
- 4 MEDALS:** Member of Order of Officers an honourary-governor exclusive. "I wear it for official functions and when I'm not at official functions, there's a small version, a little pin that I wear."
"I often have to wear medals and... (some) are really heavy and big, and so you have to think about what kind of cloth you're wearing and how the medals will work and will it destroy the dress."
- 5 JACKET AND SKIRT:** The Day.
- 6 RINGS:** Both belonged to her mother. "I'm going to a formal event, sometimes I wear something a little fancier."
- 7 BRACELETS:** "I bought it at Saks online!"
- 8 TIGHTS:** "I hate things that are tight around my stomach so I tend to like them two or three sizes too big."
- 9 SHOES:** She wore this pair when Prime Minister Stephen Harper announced her as lieutenant governor.



EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphenix.com

MUSIC

Wed., Jan. 26

Philthud
Buds on Broadway,
817 Broadway Ave.

Public Garden Philis Posa
w/ Gordon Stokke, Karmel,
Daniel Kowalek, Troy McCall-
lenny, and DJ Ray
The Basement,
204 Fourth Ave. N.

Thurs., Jan. 27

Calvin
Cowboys Restaurant &
Lounge,
1-227 Pinehouse Dr.

Brewster and The Beanters
Buds on Broadway
817 Broadway Ave.

Scott Heiser w/ Caves
and **Phila Baldwin**
Vampires Tavern,
504 Broadway Ave.

Fri., Jan. 28

Jeff Koff
Buds on Broadway,
817 Broadway Ave.

Hano Fridge w/ Kim Selheid
Blues Series Julian fourth
The Basement,
204 Fourth Ave. N.

Jonas Boys
Army & Navy Club,
339 First Ave. N.

Doug Boonhouser The
Machinist Johnson,
300 Eighth St. E.

Dan Anagnost & Company

Town Town Tavern,
3330 Highland Dr.

Jo John w/ Right Kings
Redfield Street Cinema's
Cinema,
103 Fairmont Ct.

Phixton w/ Bastard Poetry
DJ Haywood and DJ Apleen



Oral Furtado will be performing at the Capitol Music Club on Saturday, January 29. Photo by Scott Stettin

Amigos Cantina,
826 Outpost Ave.

Bary Hodge w/ The Time
Series w/ Matt Stiles
Capitol Music Club,
244 First Ave. N.

JeMama
Star's Place,
106-110 Sixth St. E.

Ghosts of Blue City
Piggy's Pub and Grill,
1023 Midway Dr. N.

Crestwood w/ Jay Banks
Village Gutter & Amps,
432 25th St. W.

Sat., Jan. 27

Jeff Koff
Buds on Broadway,
817 Broadway Ave.

Philo Sundberg Maurice
Greife and Matt Carter are
returning.

Philo Series: The Phileas
— David Fong, Ben Griffith,
Kris Zickel, and Ray
Stecherhorn
The Basement,
204 Fourth Ave. N.

Jonas Boys
Army & Navy Club,
339 First Ave. N.

Northern Lights Dance Band
Nations League,
3027 Louisa St.

Saskatoon Rhythmnics
Downlink Lodge,
608 Spadina Creek St. W.

Katie Miller
Machinist Johnson,
300 Eighth St. E.

Red Bay Bill
O'Brien Event Centre,
241 Second Ave. S.

Poem Lake w/ Shyler
Jensen
Amigos Cantina,
808 Outpost Ave.

Oral Furtado
Capitol Music Club,
244 First Ave. N.

JeMama
Star's Place,
106-110 Sixth St. E.

Kelly Reed
Rugby Bar & Grill,
134 Pinehouse Dr.

Sun., Jan. 3

Acoustic Jam George Scher
macher
Buds on Broadway,
817 Broadway Ave.

Tues., Feb. 3

Three Strings Press
Buds on Broadway,
817 Broadway Ave.

ART

Memorial Art Gallery
At 930 Spadina Creek St. E. New
winter exhibitions include

Battleground: War Risks from
Afghanistan Deep Weather by
Swiss artist Ursula E.

Constance, featuring
Saskatchewan artists Tami
Cawley and Kara Uveland,

the Beaver Creechings Study
Centre, a mobile archive of the
300-year history of Beaver
Creechings art installation, and
the 18C Art by Artists

membership program, reflecting
Montage: Women's mem-
bership with Carolyn Miller

Higger Museum & Gallery

Until Jan. 29 at 105 Third Ave.
W. in Bigger Agriculture from
the First Nations University
The history of First Nations
agriculture

Gordon Sinclair Gallery
Until Jan. 30 in Room 151 of
15 Murray Building. Look-
ing for Gordon by Gordon W.
Sinclair. Special talk, Who
is Gordon Sinclair's Gordon
Sinclair? by art historian
Lisa Henderson Jan. 30, 7 p.m.
10 p.m. Reception Jan. 30, 6
p.m. to 10 p.m.

SCAP Art Gallery

Until Feb. 13 at 232 Third Ave.
S. Metabolism by Kevin We-
senstein. Native artists also
involved in art projects. Reception
Jan. 30, 7 p.m. to 9 p.m.

We the Artists

Jan. 31, 6:30 p.m. to 12 p.m.,
at Louis' Pub, 10 Spadina Cr.
A showcase of student art
Featuring Meiko, Doree and
Fiona. Art department at the
University of Saskatchewan.
Tickets at weartists.ca & 71+
event.

Handmade House Showcase
Until Jan. 31 at 710 Broadway
Ave. Offert, new pieces by
Saskatchewan woodworker
Michael Houtak.

Veld Gallery

Until Jan. 31 at 2-1000 Eighth
St. E. in Veld. New works
by the collective featuring
Saskatchewan artists Tyson-Like
ings, Joe Todorin and Kate
Wasson.

Funky Prints

Until Jan. 31 at 312 Third Ave.
S. A collection of framed pho-
tographic artworks by three
artists.

Ukrainian Museum of
Canada

Until Jan. 31 at 910 Spokane
Cres. C. Dreaming in Ukrai-
nian. Travel photography by
Anissa Kopylov and Karen
Pobynsky.

Hugo Art Supplies
Until Jan. 31 at 1818 Lowe Ave.
Artwork by Jeff Sky Artists

Art in the Centre
Through January at Perkin-
gton Centre, 110 Granger Cres.
Work by Different Strikings art
group

Watrous Library
Through January in Watrous.
Tree Art by Timmerman

Hawthorn and District Mus-
eum and Gallery

Feb. 1-21 at 631 Main St. in
Hawthorn. Land of Living
Skins, an OCMC Arts at the
Museum exhibit. Contrast, a La-
cinal Perspective exhibit by the
Saskatoon Potter's Guild, runs
until March 21.

Art in the Centre

Feb. 1-28 at Perkin-
gton Centre, 110 Granger Cres.
Work by the Northern Art Group

Pineau Star Gallery

Until Feb. 1 at 136 Eighth St. E.
Storage Wars, selections by
punk singer Kim Rogers.

Green Art Collective Home
Until Feb. 1 at 2320 1st St. W.
Works by Geoffrey Wooten

The Gallery at Placement

Until Feb. 3 at 228 Third Ave.
S. Winter Green Exhibition
Work by several gallery arti-
sts including Louise Cook,
Heather Cline, Abbie Popoff
and Pat Service.

Paved Arts

Until Feb. 6 at 424 20th St. W.
Composed Theory by Don Terry
Billings. Good Dog Bad Dog
by Jim Jaxson runs until Feb. 20.

The Gallery at Frances Mor-
rison Central Library

Until Feb. 26 at 200 12th St. E.
Hole Story by the Local History
Department (SLP). A historical
tour of photographs of Saska-
toon's early barber shops and
beauty parlours. Reception
Feb. 11, 7 p.m. to 9 p.m.

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

Eye Gallery
Until Feb. 23 at 10-1332 College
Dr. Close to Home. Photographs by Jenni MacInnes

Artify Gallery
Until Feb. 20 at 1818 Broadway
Ave. Our Printie in Fibre. A collection of fibre art from women across Alberta, Saskatchewan and Manitoba.

Stallion Arts Centre, Beaumont
Until Feb. 20 at 701 Highway
Ave. In the Heart Rejection Our Neck of the Woods. Two watercolours by B.A. Conry and photographs by Ray Griffin. Meet the artists reception Feb. 21, 2:00 p.m.

STN Gallery
Until Feb. 20 at 38 Thomas
Mann College, 1437 College
Dr. ImPReSSo by University of Saskatchewan instructors. Previews: Students

Linked Gallery Calgary
Until Feb. 20 along the new
airlink from the new
Valley Centre to the Mendel
Art Gallery. An installation in
the trees by Monique Martin
with support from Sask Trust
members

Saskatoon City Hallway Gallery on the Bridges

Until Feb. 20 on the sixth floor
of the Artium at Saskatoon
City Hallway. Watercolour
Landscapes by Joy Little,
Clarke and contemporary
traditional acrylic paintings by
Marlene Hansen. New Direc-
tions runs through February.
Recent acrylic paintings by
Michael J. Martin.

Humble Hill and District Museum and Gallery
Until March 27 at 651 Main St.
in Humble. Contrast: A Local
Perspective exhibit by the
Saskatoon Pottery Guild

Western Development Museum
Through April 2016 at 2630



Intersections: Room How by Heather M. Gilre is on display at The Gallery at Art Place West.

Lorna Ave. Big Bird Travel-
ling exhibit. Partnerships with
the Royal Saskatchewan
Museum. A 50-million-year-old
dinosaurs skeleton brought
back to life through 3D impres-
sion.

#FAMILY

Play and Play
Tuesday and Wednesday
is 10 a.m. to 11:15 a.m., through
April. For children up to age
five. Semi-structured, crafts,
snacks, story time, toys,
activities. Email openplay@bradford.ca or visit
the Facebook page.

Time for Toddlers
Jan. 28, 9:30 a.m., at Ses-
sation Symphony Commu-
nity Centre, 406 26th St. We
Program instructor is Heather
Mulliken introduces music
to toddlers. With selected mu-
sicians from the Saskatoon
Symphony Orchestra. Tickets
at 306-665-6424, email at@saskatoonsymphony.org

Stars and Stripes
Wednesday, 1 p.m., at Centre
Cinemas in The Centre.
Choice of two movies each
week. A baby-friendly environ-
ment with lowered volume,
dimmed lighting, a changing
table, and stroller parking in
select theatres.

Saskatoon Strong Mom & Baby Fitness
Wednesday until April 6, 2
p.m. Mom and baby/infant
welcome class. All fitness lev-
els are welcome. Registration
and information at saskatoonstrongmom@gmail.com or
fit.com/saskatoonstrongmom.

**Mike the Knight in the Great
Sawenger Hunt**
Jan. 28, 6:30 p.m., at TCU
Place. The Grandpa
Sawenger Hunt is an Aves
and the Mikes as H&M. Mike is
determined to discover the
most lightnig way to jump
the shiveous quest. Book
of adventures, comedy, music,

sang, puppets and elec-
tronics. Tickets at 306-575-7799,
tortuatox.com

Crits Clubs and Play
Daily, 10 a.m. to 4 p.m., in Bay
4 of 419 South Highway 51. We
in warm, Saskatoon's warm-
nest indoor playground
for children up to age 12. Visit
critsclubsandplay.com or visit
Facebook page.

**Fun Factory Indoor Play-
ground**
Daily at 10332 Quince Ave.
A giant indoor playground
for young children. Adults
and children under one year
are free. There is a separate
fenced in area for children
under two.

Children's Play Centre
Daily at Lawson Heights Mall.
A fun, safe, environment for
preschoolers to play.
Please note this is an un-
supervised play area, and adults
must stay with and supervise
children at all times

**Market Mall Children's Play
Centre**
Daily just off the food court
at Market Mall. This play area
is free and has different level
slides. Children must wear
socks in the play area.

Seaside's Indoor Playground
Thursdays, 9:15 a.m. to 11:15
a.m., through May, at Em-
manuel Baptist Church, 1638
Avenue Dr. (near) supervised
playground for kids up to age
five. A bounce house and toys
for kids, designated infant play
area, coffee/tea for parents
registered on arrival. Informa-
tion at seasideplay.ca or
text this number 546-6.

Breakfasting Girls
Thursdays, 10 a.m. to 11:30
a.m., at Westview Primary
Health Centre, 3391 Fairlight
Dr. A drop-in support group
for breastfeeding women.
Sessions will be facilitated by
a lactation consultant with a
brief educational presenta-
tion, and time for interaction
with the other mothers

Movies for Mommies
Thursdays, 1 p.m., at Newline
Cinema in The Centre. An
infant-friendly environment
with reduced sound, change
tables, bottle warming and
stroller parking.

Shop 'n' Stroll
Friday, 9:30 a.m. to 10:30
a.m., meet infant of Cu-
stomer Service at The Mall
at Lawson Heights. Classes
consist of power-walking,
body-weighting exercises using
exercise tubing and a seal-
ling for parents and babies.

Free Family Fun
Sundays, 2 p.m. to 4 p.m., at
the Mendel Art Gallery, 1638
Avenue Dr. For ages four
to 12, accompanied by an
adult. Art-making activities
led by gallery artists. Supplies
are provided. L1. Join the
city's Winter Shines festival
and make snow art.

Early Talk at STL
Thursdays, 10:30 a.m., at Alisa
Turner Brierley, Mondays, 10:30
a.m., at Gerly's King Branch
and 23 Wadsworth, and
Tuesdays, 10:30 a.m., at CFF
Bright Branch. Half-hour sing-

ing and rhymes, then mingle
with other parents.

**LLCC Saskatoon Evening
Series Meeting**
The last Friday of the month
through April, 6:30 p.m., at
105 Forest Dr. The topic is The
Advantages of Breastfeeding
to Mother and Baby. All wom-
en interested in breastfeed-
ing are welcome. Dais and
partners are also welcome.
Call 306-525-6605 or email
lucassaskatoon@gmail.com

Free Family Fun
Sundays, 2 p.m. to 4 p.m., at
the Mendel Art Gallery, 1638
Avenue Dr. For ages four
to 12, accompanied by an
adult. Art-making activities
led by gallery artists. Supplies
are provided. L1. Join the
city's Winter Shines festival
and make snow art.

**Canadian Light Source (CLS)
Public Tours**
Mondays, 1:30 p.m., at the
Canadian Light Source, 44 Inno-
vation Blvd. The synchrotron
research facility is open for
the public. Pre-registration is
required. Call 306-687-3844,
email admission@lightsources.ca
or visit [lightsources.ca/educa-
tion/public_tours.jsp](http://lightsources.ca/educa-
tion/public_tours.jsp).

**LLCC Saskatoon Toddler
Series Meeting**
The first Monday of the
month, 9:15 a.m. to 10 p.m., at
315 Hertle Cove. The topic is
sleep and other challenges. A
meeting for mothers breast-
feeding older babies/toddlers/
children. Call 306-555-4903
or email lucassaskatoon@gmail.com

Prenatal Yoga
Mondays, 6 p.m. to 7 p.m.,
at Pregnancy and Parenting
Health Centre, 348 Third Ave.
S. Taught by a doula and cer-
tified yoga teacher. Informa-
tive and safe for any stage in
pregnancy. Call 306-251-5443
or email pregnancy@pnhc.com. No class on L1 holidays.

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphenix.com

Postnatal Yoga

Monday, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 341 Third Ave. S. Designed to help new moms feel relaxed to help with postpartum recovery. Baby friendly class with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at www.pregnancyandparenting.com. No class on stat holidays.

Playgroup

Tuesdays, 9:30 a.m. to 11:30 a.m., at Grace Westminster United Church, Woodbury. Peaie Hearts Learning Community group of families inspired by World's philosophy. Programming is aimed at children ages two to five, but all ages are welcome.

Preschool Story Time

Tuesdays, 10:30 a.m. to 11 a.m., at Marilyn Robinson, 2130 Eighth St. E. For children ages three to five in the Circle of Three. Call 206-955-3672.

Dead & Point

The first Tuesday at 10:30 a.m. and the second at 1:30 p.m., each month, at West Point Pottery, 9-303 Eighth St. E. Suitable for ages two to six. Each month features a different story followed by a related painting project, rubs, and a read "Love You Forever" and paint hand tags.

Engineering for Kids

Children ages four to 14 can learn about technology and how engineers use it to develop new cars, planes, and ships with hands-on STEM enrichment activities. Get information and register at engineeringforkids.net/saskatoon or 306-979-4885.

BRICKS & BUDS Saskatoon

Regular after-school programs, preschool classes and camps for kids of all ages at various locations in Saskatoon. Air atmosphere

for students to build unique creations, play games, and have fun using LEGO® bricks. Visit bricksandbuds.com or call 306-979-2749.

Saskatoon Public Library Programs

Ongoing daily programs for children and families. Find the calendar at saskatoonlibrary.ca/children or 306.

SPECIAL EVENTS

Saskatoon Farmers' Market

Open year-round. Wednesday and Sunday, 10 a.m. to 3 p.m., and Saturday 8 a.m. to 2 p.m., farmers are in attendance. Tuesday to Friday, 10 a.m. to 3 p.m., and Saturday and Sunday during market hours. Food service and specialty shops are open. Information at saskatoonfarmersmarket.com. Contact 306-354-6282, info@saskatoonfarmersmarket.com.

Maytag Carpet Bowling

Wednesdays, 7 p.m. to 11 p.m., at Maytag United Church. Beginners and experienced players are welcome. For information call 306-661-2951.

Gumbling Awareness Presentation

Jan. 28, 10 a.m., at the Saskatoon Council on Aging, 2020 Celtic Dr. Get information on gambling, enjoyment and avoidance. Register at 306-852-2250 or Ashley@scsa.ca.

Comedy Night

Jan. 26, 7 p.m., at Capital Mike's Club, 344 First Ave. N. Featuring Kelly Taylor. Featuring Lem Callender. Admission at the door.

Lewis and Learn Samba

Feb. 4, 11:30 a.m., at Ebenezer Baptist Church. Hosted by Christine Cummings. Free. Views. Presentation on The Decolonization Epidemic. Find Light in a Dark World by Reginald Young. Register at 306-344-3990 by Jan. 26. Information



Mike the Knight in The Great Saskatchewan Hunt is on tonight 6:30 p.m. at TEL Place.

at saskatoonnews.com

English for Employment Class

Hosted by the Saskatoon Open Door Society. Improve English pronunciation and communication, and learn what you need to find work in Saskatoon. Information or registration at 306-356-4332, 306-603-4464, 306-210-4338, j.hughes@osds.ca, or osds.ca.

Bowling Market

Jan. 25, 4:30 p.m. to 8 p.m.,

at the Saskatoon Farmers' Market.

Let the Good Times Roll

Jan. 30, 12:30 a.m. to 1:30 p.m., at Tom's Tunes Café, 223 Second Ave. S. A fundraiser in support of The Princess Street. Open house and music. Well-known musicians and bands. Silent auction, and a cash. Stop for food and drink. Tickets at princess.ca.

SPC Dances

Thursdays, 7 p.m., Inverness 13

at A-Rent Community Centre, 610 Clarence Ave. S. Saskatoon International Folkdance Club. Learn dances from many countries around the world. First night is free. Visit www.saskatoonfolkdance.com.

JSSG/WWTC Public Lecture

Jan. 30, 12:30 p.m. to 2 p.m., at Room 4236, Health Sciences Building, 4-5. Presented by Jean Rivest, PhD. Director, Health Research Foundation and Centre for Health Research. Payment methods and well-being of physicians. Discussing the impact of alternative payment plans on equity and distress of practitioners. Information or registration at saskatoonpubliclecture.ca.

Tartaria Two

Jan. 30-31 at Vancity Tavern, 824 Broadway Ave. Hosted by the Tartaria & the Tartaria Collective. Featuring Waffles, Ribbits, Pudding in Japan, Jan. 30. Ribbits, Pudding in Japan and Fern on Jan. 31. Ribbits, Vancity Tavern, 824 Broadway Ave. Tickets at the door. Cash and food donations for the Saskatoon Food Bank will also be accepted.

Fifth Annual Open Curling

Biocultural and Open Curling Jan. 30 to Feb. 1 at CN Curling Club and Piggys Pub & Grill. Hosted by the Country Music Association of Saskatchewan. Featuring Chris Henderson. Free admission. Jan. 30 at CN Curling Club, 601 30th St. Piggys Pub & Grill Jan. 31, 6 p.m. Tickets at piggyspub.com, 306-652-0294.

Prentiss Gardens

Jan. 30 and Feb. 15 at Prentiss Gardens. Presented by the International Ice Garden Society of Saskatoon. A two-week long ice carving exhibit. Guest carvers from across North America will create ice art. With colour lights and musical selections

at night, ice flowing, an ice bar, an ice-drumming wall and an ice maze. Admission at the entrance. Call 306-221-3300 to book long-term. Visit prentissgardens.ca.

Winter Cycling Fest

Jan. 30, 8:30 a.m., at Broadway Theatre. Hosted by Saskatoon Cycle. Visit the site of the Winter of Cyclists and meeting cycling enthusiasts. Tickets at the door.

Record Fair

Jan. 31, 12 p.m. to 6 p.m., at Antipax Carbons, 600 Dufferin Ave. New, used and collectible LPs, CDs and cassette will be offered up for sale. Admission is free.

Kalshikov

Jan. 28, 7:30 p.m., at Christ Church Anglican, 545 26th St. SE. A Saskatoon Philharmonic Orchestra concert. Featuring works by Vasily Kalshikov, Sergei Glinka, Wagner, Tchaikovsky, and others. Tickets from members, at Marilyn Robinson or at the door.

Gems & Diamonds Ladies Night Out

Jan. 3, 5:30 p.m., at the German Cultural Centre, 400 Victoria by Saskatoon & District. Jewellery, Super, a live band, diamond display and a silent auction. Proceeds go to the Books for Bikes Program. Tickets at pccsask.com.

Heritage Festival of Saskatoon

Feb. 1, 12 p.m. to 5 p.m., at the Westman Development Museum. Learn about Saskatoon's rich and varied natural and cultural heritage. Displays, heritage demonstrations, and children's activities. Admission is free.

Grooming Circle

First Sunday of each month, 1 p.m. to 4 p.m., at The Uxbridge Centre, 215 Second St. E. Beginners are welcome.

EVENTS

Winter Shores Festival
Until Feb. 1 at Market Square and River Landing, ice and snow covering, ice park for kids, Can-Am German Flag parade, Soup Cook-Off, penny rides, sleigh rides, winter carnival and local entertainment

Elke Ensemble: A Gift Concert
Feb. 1, 8:00 p.m., at Concordia Hall at the U of S. Featuring works by Beethoven, Dvorak and Mendels. Tickets at glenora.com

Tonight: It's Poetry
Feb. 1, 7:00 p.m., at The Woods Air House, 148 Second Ave. N. Community Stage featuring Johnny MacIsaac

Films at Grace
Feb. 2, 7:30 a.m., at Grace-Westminster United Church. Using music films from the National Film Board, Bill Robertson hosts a discussion about the stars of Canadian popular music: Paul Anka, Buffy Sainte-Marie, Rush and The Tragically Hip. Free event

OPF-Broadway Farmers' Market, International Bazaar, and Bazaar

Thursdays, 11 a.m. to 6 p.m., in the basement of Grace-Westminster United Church, 366 (2nd St. E., offering a variety of locally produced food, clothing and accessories from artists, pet products, baking, and more. Free admission. Free parking. Call 366-664-2940 or email opf@broadwayfarmers.org

2006 Public Lectures
Feb. 3, 10 a.m. to 11:30 a.m., at Room A236, Health Sciences Building, U of S. Presented by Deena Pothan, Assistant Professor, Johnson-Shenqua Graduate School of Public Policy. Executive Compensation Policies and Income Inequality: Information or exploitation at schools/publicpolicy.slu.ca



More to enjoy to see and do at the PolarCorp Winter Shores Festival at the Saskatoon Farmers' Market which runs Sunday 10-6:00 at Market Square, 1000

MR. Lashina's Parties
Feb. 3, 12 p.m., at Garden Sidelgrove Gallery, room 101 of S Murray Building, Alexander Thomson, A Rose Coloured World

Comedy Night
Feb. 3, 9 p.m., at Pizzys Pub and Grill, 1403 Wyndwell Dr. N. with David Lee.

THEATRE

Cymbeline

Preview Jan. 28, 30, Jan 30 to Feb. 1 and Feb. 5-8, at The Refinery. Presented by Saskatoon Shakespeare Lab. The improbable becomes

probable in this adventurous Shakespeare play. Imogen King Cymbeline's daughter, marries against her father's wishes. Her anger is only the beginning of her woes. Tickets at 366-664-2940, online

The No-Ho's
Jan. 30, 9:30 p.m., at La Belle, 308 Fourth Ave. N. The improv comedy troupe performs Admission at the door.

For information on other community service offerings Bridges, Lifelines and other groups/organizations. Submit your donation to the website before the event date.

Authentic Amish Cooking



Scalloped Potatoes

1/2 C. Butter
4 C. Milk
2-3 slices, French or Swiss
2 lb. or 3 lb. Swiss
2 lb. Swiss Cheese
1/2 C. Chopped Onion
dash of Salt
dash Seasoned Salt
Parsley flakes
Egg Yolk and Dash Pepper



Melt butter and add all ingredients. Stirring until cheese is melted and smooth. Cook and slow 7-8 at potatoes. Put into large roasting pan. Add sauce. They not need oil at 1. Bake at 375° until heated through.

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